

## Myths and Facts About Underage Drinking - Approaches that Make the Greatest Impact

December 7, 2004

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This material was developed through a project funded by the Michigan Office of Highway Safety Planning and the U.S. Department of Transportation.

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## Agenda for Presentation

1. Describing the client –MIP’s, DUI’s, Youth or Adults, Repeaters
2. A systematic approach that the public will support
3. Impact of possible components - assessment, 1-on-1 interview, education (group, internet), counseling, fines, community service, court watch, victim impact panels, jail time, AA meetings
4. Eastern Michigan University’s Checkpoint Program
5. BASICS - Motivational Interviewing
6. Under the Influence – An Internet Option
7. Choosing a Program(s)
8. Giving the violator options
9. Evaluating Your program

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## A Reality Check

You may have a distorted view of reality because you work everyday with a small segment of society who have their own set of norms different from those generally held by the majority.

And you live in a culture influenced by the alcohol industry who normalizes heavy use through advertising.

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The real picture of "Drinking in America" is much different than ads portray.



Adults: Most adults do not drink or drink infrequently.



Youth: Most young people do not drink.

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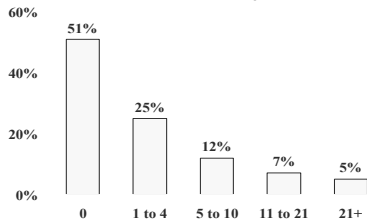
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Most adults do not drink or drink infrequently.



Frequency of Drinking Among U.S. Adults 21 and Older (past 30 days)



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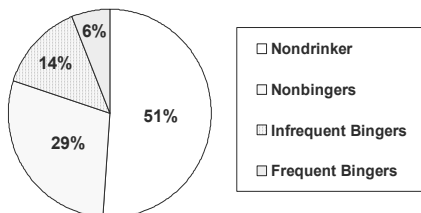
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Most adults do not drink at a hazardous level.



Drinking Patterns among U.S. Adults 21 and Older (past 30 days)



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## Which Adults Get Arrested for Driving Under the Influence?

It's not the 51% of adults who don't drink.

People most likely to be arrested are the frequent and heaviest drinkers –

- Only occasionally is it someone who drinks once a week (25% report 1-4 times in 30 days).
- Violators come mostly from the 24% who report drinking in the past 30 days...
  - 5-10 times – every 4-5 days (12% or half of the violators)
  - 11-21 times – every 2-3 days (7% or nearly one-third of the violators)
  - More than 21 times in 30 days (5% or about 1 in 5 of violators)

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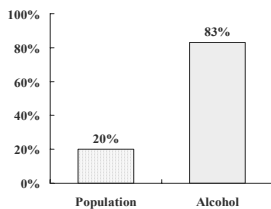
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Binge drinkers are 20% of the population, but consume 83% of the alcohol.



### Binge Drinkers



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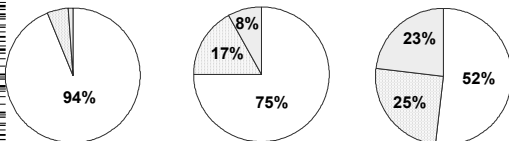
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Most young people do not drink.



### Drinking Among Youth (past 30 days)

12- to 14-year-olds    15- to 17-year-olds    18- to 20-year-olds



Drinking occasions

0

1 to 4

5 or more

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## In 2003 in Michigan...

- ♦ 56% of students had no alcohol in the previous 30 days (U.S. was 55%) - this includes:
  - 45% of 12<sup>th</sup> Grade Students
  - 56% of 11<sup>th</sup> Grade Students
  - 58% of 10<sup>th</sup> Grade Students
  - 63% of 9<sup>th</sup> Grade Students

From the Michigan Youth Risk Behavior Survey (YRBS) – [www.emc.cmich.edu/yrbs](http://www.emc.cmich.edu/yrbs)

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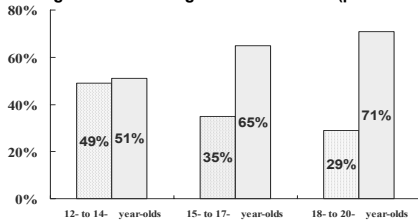
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## Youth who do drink tend to drink heavily.

Drinking Patterns Among Youth Who Drink (past 30 days)



Binge Drinking Occasions:

0

At least 1

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## And Engage in High Risk Use

- ♦ 27% of Michigan's high school students had 5 or more drinks in a row, that is, within a couple of hours, (binge drinking) on one or more of the past 30 days
- ♦ 30% rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol
- ♦ 5% had at least one drink of alcohol on school property one or more of the past 30 days
- ♦ 27% had their first drink of alcohol, other than a few sips, before age 13
- ♦ 24% used marijuana one or more times during the past 30 days
- ♦ 10% tried marijuana for the first time before age 13

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## Which Youth Get MIP's and DUI's?

It is not the 57% of 10<sup>th</sup> and 11<sup>th</sup> graders who don't drink, nor the 45% of 12<sup>th</sup> graders, nor the 25% of college students –

It is the frequent and heavy users of alcohol - many of whom started using before they were 13 years of age, have had blackouts, and have a genetic predisposition to alcoholism. Many also use other drugs, especially marijuana.

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## Differentiating Between MIP's and DUI's

In any group of MIP or youth DUI violators there will be a certain percentage who are not frequent or heavy users.

This percentage will be larger in a group of MIP violators (1/3 to 1/2) than it will be in a group of DUI violators (1/5).

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## Paying Attention to Political Realities

Public opinion is very mixed when it comes to enforcing underage drinking. Individual communities have their own norms.

Courts that are the most successful in gaining public support are those that require the same activities for all first time MIP violators. The activities usually include an educational program, sometimes community service and/or court watch or victim impact panel, in addition to the fines. They do not usually require an assessment except in the context of an educational program or individual interview.

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## Requirements for DUI Violators

There is almost universal public support for enforcing laws prohibiting drinking and driving.

Penalties imposed for DUI violators should include an assessment and may be individualized.

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## Evaluating the Effectiveness of Different Program Components

In the context of a non-individualized program (recommended for 1<sup>st</sup> time MIP violators) the population is so varied that anything is better than only fines and ACCOUNTABILITY is what's most important.

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## Unless You Can Offer a 1-on-1 Motivational Interview

So far this is the only strategy that has a research base supporting its effectiveness with underage drinking enforcement.

Some of the web-based programs are showing "promise" with college students.

**This does not mean that all other activities should be abandoned – More evaluation is needed.**

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## Community Service

Even though there is no published research to suggest that requiring community service has any impact on future drinking behavior, the following may be considered:

1. Some types of community service may have more value than others.
2. The opportunity for reflection about the service increases learning.
3. The public loves this option.
4. It may be more effective with some youth than others.

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## Court Watch, Impact Panels

Again, even though there is not published research to support the effectiveness of these components, many individuals who have completed these requirements will report that they were impacted by them.

An opportunity to reflect verbally or in writing on the experience probably increases the potential for impact because it requires an engagement on the part of the violator.

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## MIP Repeat Violators

Repeat violators are problem drinkers or “problem” youth in need of intervention.

An assessment can help guide the development of an individualized probation plan.

These youth are most in need of accountability and, in some cases, counseling and/or treatment. Education never hurts but it is not likely to have any impact.

Connecting with the “right” adult may make a difference.

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## A Program Example

The Paperwork

The Possibilities

Alcohol Screening

Checkpoint (3 part educational series)

Alcohol and Other Drug Assessments

The Proof is in the Pudding - Evaluation results

EASTERN MICHIGAN UNIVERSITY

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## The paperwork that supports the program

- ♦ The court official requires an educational sanction and refers to 18-25 year old to EMU at court appearance. (sample from MDesprez@emich.edu)
- ♦ After the client comes to register EMU sends the court a *notification of registration*
- ♦ Upon completion of the program EMU sends the court a *notification of completion*
- ♦ If client does not finish, EMU will send a *notification of disenrollment*
- ♦ Client is required to complete by next court date.

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## The Possibilities

- ♦ **Alcohol Screening**-a brief screening tool which can help identify individuals who are at high risk for problems from their alcohol use. Fee: \$25.00
- ♦ **Checkpoint**-An alcohol and other drug education program. It is a series of 3 2-hour sessions that explores participants knowledge attitudes and behaviors regarding AOD use. Fee: EMU student \$75.00, Non EMU student \$100.00

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## Possibilities, Con't.

- ♦ **Assessment-** A comprehensive documented interview of an individual's alcohol and other drug use. Covers frequency, duration, extent of use, family history, personal strengths, social support, and readiness to change. A detailed assessment summary is sent to referral source with recommendations based on DSM-IV. Fee: \$50.00

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## Alcohol Screening-AUDIT

### Total Score Interpretation/Action Steps

**0-7** Participant is likely drinking at low-risk levels

**8-18** Participant is drinking above recommended levels. Advise participant to seek professional help to assess for possible alcohol problem

**19-40** Score indicates possible dependence. Advise participant to see a physician or alcohol treatment provider to assess for alcohol problem.

### AUDIT Screening Recommendations

\_\_\_ No follow up recommended

\_\_\_ Suggested reducing drinking levels to recommended limits

\_\_\_ Recommended participation in alcohol education program

\_\_\_ Client \_\_\_ registered \_\_\_ attended \_\_\_ completed EMU Checkpoint Program

\_\_\_ Suggested talking with a physician about alcohol and medication

\_\_\_ Recommended alcohol assessment

\_\_\_ Recommended outpatient referral

\_\_\_ Recommended inpatient referral

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## Checkpoint Program (at EMU since 1992)

- ♦ An educational program that addresses participants knowledge, attitudes, and behavior concerning alcohol and other drugs; encourages responsible decision making; and provides appropriate referral for those in need of further services

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## Checkpoint Program Goals and Objectives

- ♦ To assess and increase participants awareness of the psychological and physiological effects of alcohol and other drugs
- ♦ To facilitate the development of goal setting skills and other skills that contribute to low-risk decision making
- ♦ To increase knowledge of the risks and consequences of alcohol and other drug use, including: impaired driving, violence, STD's, academic problems, addiction, etc.
- ♦ To decrease the negative consequences associated with alcohol and other drug use

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## Who should attend Checkpoint?

- ♦ Individuals between the ages of 17 and 25 who could benefit from an educational sanction. This is best determined after the referral source has reviewed the incident or violation and interviewed the prospective referral.
- ♦ Checkpoint is not appropriate for individuals with a severe addiction or significant mental health concerns.

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## Program Components

- ♦ Session One
  - Knowledge Evaluation
  - Physical and Psychological effects of alcohol and other drugs
  - Brain basics and the impact of AOD on the developing brain

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## Session Two

- ♦ Associated Risks
  - Sexual Health
  - Impaired Driving
  - Sexual Assault
  - Academic difficulties
  - Injury
  - Financial/legal troubles
- ♦ Fatal Vision Goggles
  - Interactive exercise

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## Session Three

- ♦ Information on other drugs
- ♦ Goal Setting Exercise
- ♦ Self assessment
- ♦ Knowledge Evaluation
- ♦ Schedule an exit interview

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## Exit Interview

- ♦ A 1:1 brief meeting with session facilitator
  - To review pre/post knowledge evaluations
  - To discuss any question participant had about material covered
  - To make additional referrals if necessary

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# AOD Assessments

- ◆ A comprehensive in depth documented interview of an individual's alcohol and other drug use. Covers frequency, duration, extent of use, family history, personal strengths, social support, and readiness to change
- ◆ Typically used as a sanction for *second* policy violations

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# The Proof is in the Pudding

- ◆ During the 2002-2003 academic year 172 participant completed the Checkpoint Program.
- ◆ Students 143 registered and 135 completed
- ◆ Non-students 37 registered and 37 completed
- ◆ Referrals by source
  - Athletics 7
  - Student Judicial Services/Housing 16
  - Court/Probation 135

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# More #'s

- ◆ Referrals by drug of choice
  - Alcohol 135
  - Marijuana 26
  - Other 8
- ◆ Gender
  - Male 106
  - Female 66

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## Checkpoint Knowledge Evaluation Averages (for past three years)

- ♦ Pretest 73%
- ♦ Post-test 87%

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## Program evaluation results

- ♦ Checkpoint contributed significantly to my understanding of alcohol's effect on the body.

Agree	90%
Disagree	8%
Neutral or no opinion	2%

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## Con't.

- ♦ I have examined my own alcohol and other drug use as a result of Checkpoint

Agree	87%
Disagree	10%
Neutral or No Opinion	3%

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## Con't.

- ♦ As a result of Checkpoint I feel I have the skills necessary to make positive lifestyle changes

Agree	74%
Disagree	9%
Neutral or No Opinion	17%

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## Con't.

- ♦ The facilitator encouraged discussion and interaction between presenter and participants

Agree	98%
Disagree	0%
Neutral or No Opinion	2%

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## Last one !

- ♦ The facilitator adequately answered all my questions

Agree	99%
Disagree	0%
Neutral or No Opinion	1%

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## Web Based Programs

### Advantages

- Appeal to youthful violators
- Can be used with small numbers
- Useful when there is a short timeline for compliance
- May be an alternative when nothing else is in place

### Disadvantages

- Impersonal
- No evidence demonstrating who may be impacted with this approach
- Developed for education and research more than intervention

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## UNDER THE INFLUENCE

online alcohol education

Under-21 drinking violations  
\$55. course fee (student pay)  
Certificate issued upon completion  
Student validation reports  
Outcome reports

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## CONTACT INFORMATION

Gary Moorman, CEO – Katie Church, Asst.

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Website: [www.3rdmilclassrooms.com](http://www.3rdmilclassrooms.com)

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## Choosing a Program

Does the educational program being provided include:

Service in a small group (12 or fewer)?

An individual interview?

An opportunity for group interaction?

Content areas of – physiological and psychological effects of alcohol and other drugs, impact on body, brain, and social development, recognizing high risk and problem use, social norming, goal setting, and resources?

Any information about client satisfaction or program impact?

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## Giving Options to the Violator

It may be a good idea to give the violator some choices of programs to complete probation requirements but this should not be a substitute for the court monitoring the quality of the individual programs.

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## Evaluating the Impact

Not only should the programs the clients are attending be evaluated but the court should develop an evaluation of their own.

Ideally, it should be an anonymous and voluntary survey filled out after the client is off probation – possibly six months to a year after court requirements are completed.

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Do not hesitate to contact us for handouts,  
other resources, web resources,  
or resources in your area.

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Mary Jo Desprez  
Eastern Michigan University  
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[Mdesprez@emich.edu](mailto:Mdesprez@emich.edu)

Thank you to  
Robert I. Reynolds, Director  
Center for Policy Analysis and Training  
Pacific Institute for Research and Evaluation  
For the slides on adult and youth drinking behavior.

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